

How to deal with body pain or distractions during meditation

February 2, 2016 by [amit](#)



when you start practicing sitting meditation like [watching your thoughts](#), [breathing](#) or any other meditation technique then initially there are always some distractions.

most people experience that there are too many thoughts in the mind. for some people their body becomes very stiff and their legs starts hurting. some people experience pain in body parts or they feel like itching or they experience as if some insect or an ant is walking on their body.

all these distractions during meditation practice is common. so if it is happening with you then don't worry. when you keep on walking on the path then your energy becomes more subtle and pure. your body also becomes more pure and free of negativity. so over a period of time, as your consciousness increases and your body becomes more pure, then these distractions in the body decreases.

as a meditator or spiritual seeker, its best to keep your body fit and free from any kind of negativity. the negativity could be in the form of food or emotions. so always [eat vegetarian food](#). practice yoga or pranayam to keep your body fit and charged with prana. it is also recommended to practice meditation in a comfortable position.

how to deal with body pain or distractions during meditation:

1. don't be serious about them

as mentioned before, it happens with most meditators. so don't worry and don't be serious about them. don't judge the situation. in fact it is a good situation for you to practice [mindfulness](#). so take these

distractions as a part of meditation practice and make sure that they are not able to irritate you or spoil your mood. be a witness to all the games which body-mind plays to distract you from meditation.

2. witness the body pain

when you feel body ache or itching in some part of your body. then first impulse is to move your hand and do something. don't do it. instead watch the sensation in your body. don't try to remove it or do anything about it. don't try to make yourself comfortable by moving your hands or legs. stay aloof and be still. keep on watching everything that is happening in your body and mind. witness the thoughts going on in your mind. witness the body sensations. when you watch the pain or sensation or itching in your body then half the times they will be over on its own. what is needed from your end is being mindful about them. **be a watcher and not a doer**. don't do anything except [witnessing](#).

also check – [how to remove body pain with meditation](#)

3. move consciously

sometimes the pain in the back or in the leg becomes unbearable or you feel lot of itching sensation and you have to do something. in that case when you **really** cannot resist, then move your body very slowly but consciously. be aware of your body movement and do the needful and then continue the meditation practice. **don't be fanatic** about witnessing the body pain as it can hurt your body.

remember, step 2 of witnessing the body pain is the best because it does not break the energy pattern around you. whenever you move your body during meditation practice then it breaks the intensity of meditation practice.

p.s. many times these body pains or sensation are not just distractions. it is just that you are becoming conscious of the pain which you were suppressing before. similarly lot of thoughts come when you start meditation. it is because now you are becoming more aware of your thoughts. thoughts were always there but most people become identify with them and don't realize their presence. but now, as you are becoming watchful about them. so you feel so many thoughts in the mind.

whatever is the situation, be a witness. don't allow any thing to distract you or stop you from your meditation. in fact use every opportunity to deepen your witnessing. when you will be able to bring meditation in day to day activities then your meditation will take deeper roots and soon it will flower.

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